



# Hearty Beef Soup

**Makes:** 6 Servings

This tasty and satisfying soup can be served for lunch or dinner. The leftovers can be frozen for later.

## Ingredients

**1/4 pound** beef round roast (thawed and chopped)

**1 tablespoon** vegetable oil

**3 cups** water

**2 cups** winter squash (chopped, or 2 cups cabbage, finely chopped)



**1/2 cup** onions (chopped)

**1** celery stalk

## Nutrition Information

| Nutrients                   | Amount        |
|-----------------------------|---------------|
| <b>Calories</b>             | <b>76</b>     |
| <b>Total Fat</b>            | <b>3 g</b>    |
| Saturated Fat               | 0 g           |
| Cholesterol                 | 8 mg          |
| <b>Sodium</b>               | <b>209 mg</b> |
| <b>Total Carbohydrate</b>   | <b>9 g</b>    |
| Dietary Fiber               | 2 g           |
| Total Sugars                | 2 g           |
| Added Sugars included       | N/A           |
| <b>Protein</b>              | <b>5 g</b>    |
| Vitamin D                   | 0 mcg         |
| Calcium                     | 29 mg         |
| Iron                        | 1 mg          |
| Potassium                   | 275 mg        |
| N/A - data is not available |               |

## MyPlate Food Groups

|   |               |           |
|---|---------------|-----------|
|  | Vegetables    | 3/4 cup   |
|  | Protein Foods | 1/2 ounce |

**1 teaspoon** garlic (finely chopped)

**1/2 teaspoon** dried oregano

**1 tablespoon** parsley (chopped, optional)

**1/4 cup** macaroni (dry)

**1** tomato (large, chopped, or 1 can, about 15 ounces, low-sodium diced tomatoes)

**1/2 cup** green pepper (finely chopped)

**1/2 teaspoon** salt

**1/2 teaspoon** black pepper

## Directions

1. In a large pot, brown beef in oil over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add water, squash, onion, celery, garlic, and oregano. If using parsley, add that too. Mix well.
3. Bring pot to a boil. Lower heat and cook for 20 minutes.
4. Add macaroni, tomatoes, green pepper, salt, and pepper.
5. Keep cooking over low heat for 20 minutes. Serve hot.

## Notes

Tip for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

**Source:** Cookbook: A Harvest of Recipes with USDA Foods